



CDC Respiratory Virus Guidance

March 4th, 2024

Youtube: <https://www.youtube.com/watch?v=1dNrNrdeq8Q>

Respiratory Virus Data

- **Weekly Hospital Admissions for COVID-19 Decreased 75%+**
- **COVID-19 Deaths Decreased by 90% (compared to January 2022)**

now these decreases came even as



Respiratory Virus Core Prevention

- **Stay up to date with Vaccinations**
- **Practice Good Hygiene**
- **Take Steps for Cleaner Air**



a window or

Goals of the Respiratory Virus Guidance

To provide streamlined guidance built on effective strategies so that more people take action to prevent respiratory disease.



Provide **practical** recommendations that are clear and actionable



Streamline guidance across common respiratory virus illnesses



Highlight strategies that **effectively reduce risk**



Balance current, post-emergency risks with other health and societal needs

balance

The COVID-19 Threat has Changed

DRIVERS

Effective vaccines and treatments

Each cut the risk of severe disease in half

Broad immunity

>98% of US population now has some protective immunity from vaccination, prior infection, or both, BUT this subscription needs to be renewed with updated vaccines

Other effective tools

Masks, hygiene, steps for cleaner air, tests



RESULTS

Fewer hospitalizations

Weekly hospital admissions down >75% from Jan 2022 peak; now in range of flu; 95% of people hospitalized with COVID-19 not up to date on vaccine

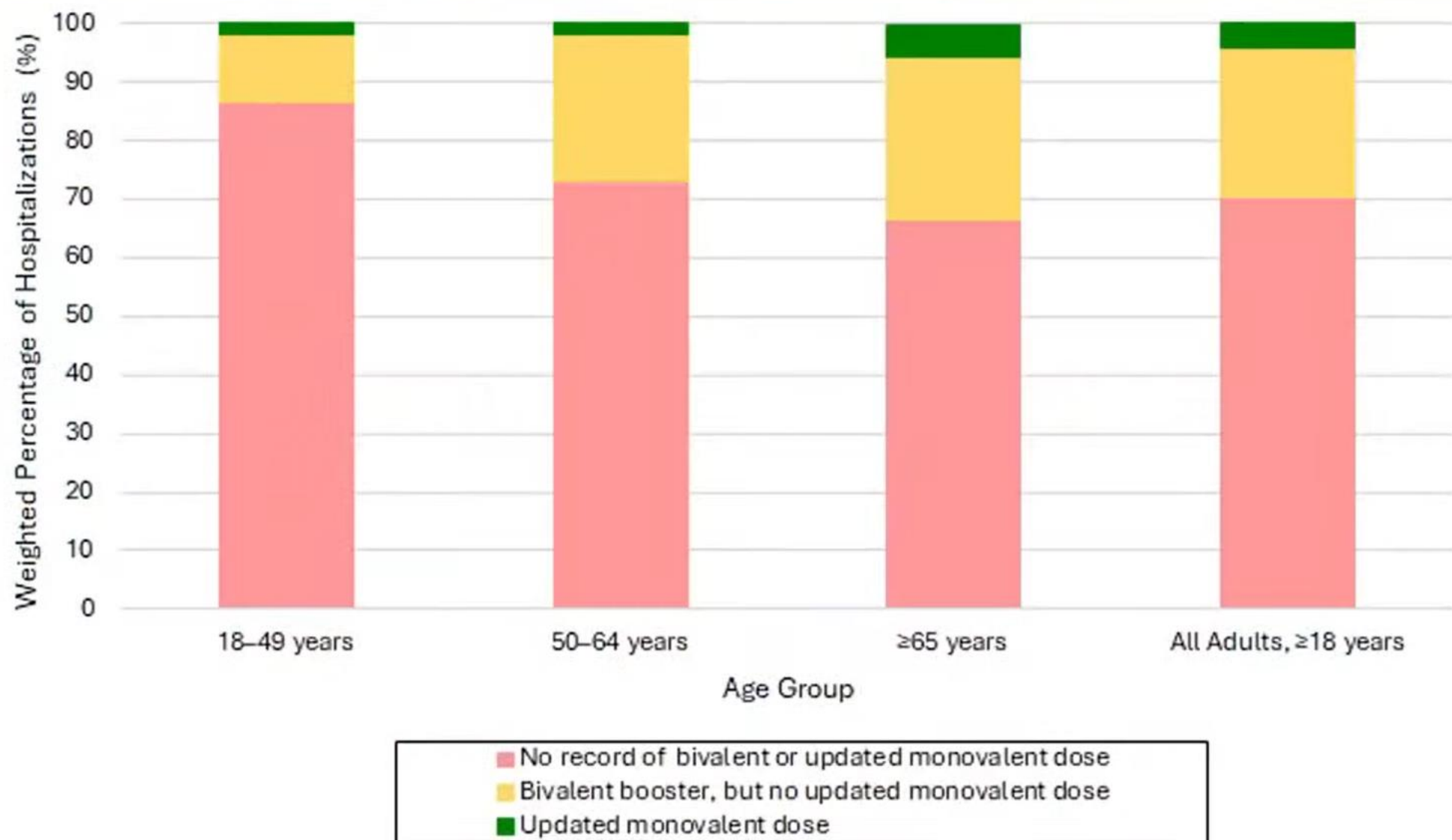
Fewer deaths

COVID-19 went from the 3rd leading cause of death in 2021 to 10th in 2023

Fewer cases of other complications

Multisystem inflammatory syndrome in children (MIS-C) and Long COVID are now also less common

Vaccination Protects Against Severe Outcomes

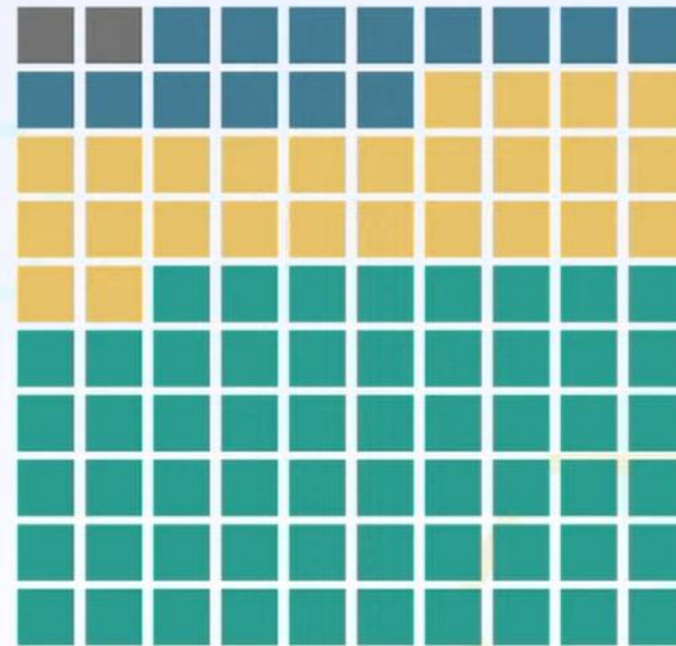


>98% of US population now has some protective immunity

Jan 2021

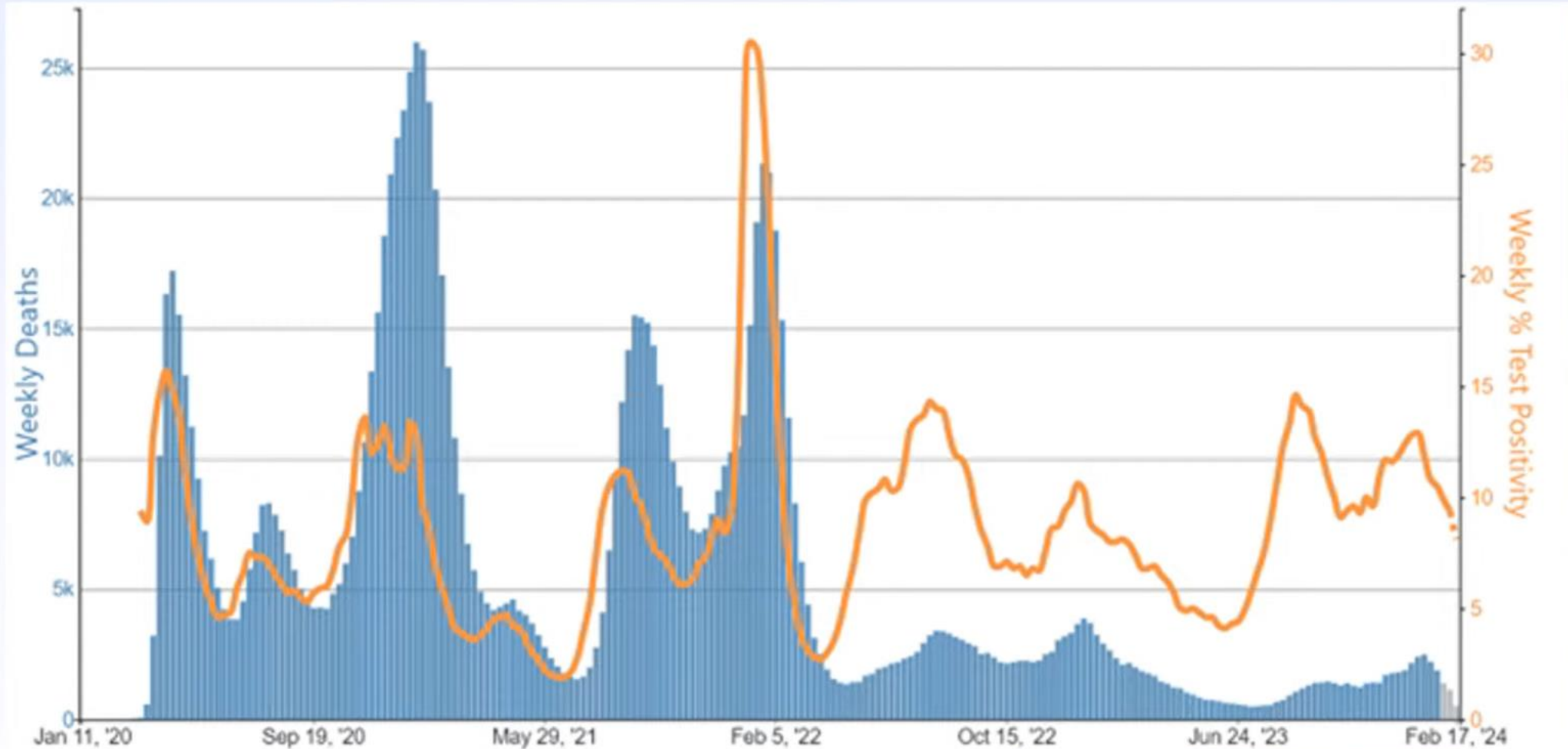


Jul-Sep 2023



- No antibodies
- Infection only
- Vaccination only
- Both

COVID-19 test positivity has remained elevated, but deaths have declined substantially



Provisional COVID-19 Deaths and COVID-19 Nucleic Acid Amplification Test (NAAT) Percent Positivity, by Week, in The United States, Reported to CDC. **Sources:** Provisional Deaths from the CDC's National Center for Health Statistics (NCHS) National Vital Statistics System (NVSS) National Respiratory and Enteric Virus Surveillance System (NREVSS) Figure from CDC's [COVID Data Tracker](#).

CDC's Respiratory Virus Guidance provides **practical recommendations** and information to help people lower health risks posed by a range of common respiratory viral illnesses.

It includes **core** and **additional prevention strategies**.



Respiratory Virus Guidance Snapshot

Core prevention strategies

CORE STRATEGIES

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



ADDITIONAL STRATEGIES

Additional prevention strategies

Masks



Distancing



Tests



***Stay home and away from others until, for 24 hours BOTH:**



Your symptoms are getting better



You are fever-free (without meds)

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering



Then take added precaution for the next 5 days

Have respiratory virus symptoms that aren't better explained by another cause?

1

Stay home and away from others

When, for 24 hours, both your symptoms are improving overall **and** you haven't had a fever (without fever-reducing medicine), you can move to the next step.

2

Resume normal activities taking precaution for the next 5 days

such as taking additional steps for cleaner air and/or hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.

Test positive for a respiratory virus but you have no symptoms?

1

Take precaution for the next 5 days

such as taking additional steps for cleaner air and/or hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.

Risk Factors for Severe Illness Pages

- In addition to the general Respiratory Virus Guidance, there are several special consideration pages related to people with certain risk factors for severe illness:
 - Older Adults
 - Young Children
 - People with Weakened Immune Systems
 - Pregnant Persons
 - People with Disabilities

